

FRIENDS OF BELLE ISLE STATE PARK



**Saturday,
Sept. 14, 2013
5K TRAIL
RUN/WALK**

**AT BELLE ISLE STATE PARK
1632 Belle Isle Road, Lancaster, VA 22503**

**Check In Time: 7:30 A.M.
Race Begins at: 8:30 A.M.**

Mail form and entry fee to: FRIENDS OF BELLE ISLE STATE PARK, PO BOX 35, MOLLUSK, VA 22517-0035
Make checks payable to: FRIENDS OF BELLE ISLE STATE PARK.
For more info: CALL (804) 462-5030 OR visit www.virginiastateparks.gov, then click "BI"

\$3 PARKING FEE WILL BE WAIVED WITH PRE-REGISTRATION



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Please use a separate entry form for each participant; please no strollers or baby joggers.

Name _____

Address _____

Phone _____

Email _____

Adult T-shirt Size: S M L XL

Children sizes available only with pre-registration: S M L.

Gender _____ Age on race day _____

Pre-Registration until August 29, 2013

Entry Fee: \$15 (12 years and over) _____

\$10 (under 12 years) _____

After August 29, 2013

Late Entry Fee: \$18 (12 years and over) _____

\$13 (under 12 years) _____

Water available at 2 mile point

Times available at 1 mile & 2 mile points

RACE WAIVER

I, the undersigned, waive and release myself, my heirs, executors and administrators and assume the risk of physical injury or death from participating in said event and waive all rights and claims for damages, demands and any other actions whatsoever, which I may have against the Commonwealth of Virginia, Belle Isle State Park, Friends of Belle Isle, all participating sponsors and supporters of those entities, successors, representatives and assigns, arising out of my participation in this event. I certify that I am in proper physical condition to participate in this activity.

Signature _____

Date _____

Signature of parent or guardian if under 18 years of age. _____

Date _____